

School Staff Wellness

Resources and Information

WEB SITES

Action for Healthy Kids

Action for Healthy Kids is the only nonprofit organization formed specifically to address the epidemic of overweight, undernourished and sedentary youth by focusing on changes at school. Action for Healthy Kids has launched a campaign for school wellness to assist schools, parents, and communities in effectively implementing, tracking, and strengthening their wellness policies and practices.

American Alliance for Health, Physical Education, Recreation and Dance

The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) promotes and supports healthy lifestyles through high quality programs in health, physical education, recreation, dance, and sport, and provides members with professional development opportunities that increase knowledge, improve skills, and encourage sound professional practices. AAHPERD addresses the public with consumer health news and links to their centers for public affairs and legislative action.

American Heart Association - Choose to Move program for women.

<http://www.choosetomove.org/>

American School Health Association

The American School Health Association (ASHA) is a multidisciplinary organization of school health professionals that protects and promotes the health, well-being and success of children and youth through coordinated school health programs. ASHA helps address the health needs of young people by offering technical assistance, developing tools and supporting collaborative activities on a variety of topics, and it supports advocacy coalitions by providing legislative network and other resources.

Association of State and Territorial Health Officials

The Association of State and Territorial Health Officials (ASTHO) is the national nonprofit organization representing the state and territorial public health agencies of the United States, the U.S. Territories and the District of Columbia. ASTHO's members, the chief health officials of these jurisdictions, are dedicated to formulating and influencing sound public health policy, and to assuring excellence in state-based public health practice.

Council of Chief State School Officers

The Council of Chief State School Officers (CCSSO) is a nonpartisan, nationwide, nonprofit organization of public officials who head departments of elementary and secondary education in the states, the District of Columbia, the Department of Defense Education Activity, and five U.S. extra-state jurisdictions. CCSSO provides leadership, advocacy, and technical assistance on major educational issues. The Council seeks member consensus on major educational issues and expresses their views to civic and professional organizations, federal agencies, Congress, and the public.

Directors for Health Promotion and Education (DHPE), SCHOOL EMPLOYEE WELLNESS: A Guide for Protecting the Assets of Our Nation's Schools is a comprehensive guide that provides information, practical tools and resources for school employee wellness programs. It will help schools, school districts and states develop and support the implementation of school employee wellness programs that promote employee health, improve workforce productivity and reduce the costs of employee absenteeism and healthcare.
<http://www.schoolempwell.org/>

ETR Associates

ETR Associates is a private, non-profit corporation. Its mission is to enhance the well-being of individuals, families and communities by providing leadership, educational resources, training and research in health promotion with an emphasis on sexuality and health education. ETR Associates is committed to helping children, young people and adults and their families and communities develop attitudes and behaviors that contribute to optimal health and well-being.

Healthier U.S./GOV

<http://www.healthierus.gov/>

National Association for Health and Fitness

The National Association for Health and Fitness (NAHF) promotes physical fitness, sports, and healthy lifestyles and supports Governor's and State Councils on Physical Fitness and Sport in every state. NAHF sponsors National Employee Health and Fitness Day; Let's Get Physical, a national fitness challenge; and the Make Your Move! incentive-based, worksite health promotion campaign.

National Association of School Nurses

The National Association of School Nurses (NASN) improves the health and educational success of children and youth by developing and providing leadership to advance school nursing practice. NASN represents school nurses on national and federal committees that affect health services to children, supplies written and oral testimony to Congress about school health services on request, and advises members of federal legislation affecting school health services.

National Association of State Boards of Education (NASBE)

The National Association of State Boards of Education is the only national organization giving voice and adding value to the nation's State Boards of Education. A non-profit organization founded in 1958, NASBE works to strengthen state leadership in educational policymaking, promote excellence in the education of all students, advocate equality of access to educational opportunity, and assure continued citizen support for public education.

National Educational Association Health Information Network

The National Education Association Health Information Network (NEA-HIN) Mental Wellness program collaborates with national mental health organizations and programs to provide school employees with information, education, and training about timely mental health topics. The NEA-HIN website links to a number of tools that address school employee mental health issues, including stress, depression, violence and conflict, dealing with loss and trauma, and building resiliency.

National School Boards Association

The National School Boards Association (NSBA) fosters excellence and equity in public education by representing school boards before federal government agencies and with national organizations that affect education, and by providing vital information and services to state associations of school boards and local school boards throughout the nation. The NSBA website offers resources regarding school law and school board policies, and links to their legislation action center and technology leadership network.

National Wellness Institute

The National Wellness Institute provides health promotion and wellness professionals resources and services that promote both professional and personal growth. It also sponsors the National Wellness Conference held annually in Stevens Point, Wisconsin, at the University of Wisconsin.

Partnership for Prevention

Partnership for Prevention™ is a national membership organization dedicated to building evidence of sound disease prevention and health promotion policies and practices and advocating their adoption by public and private sectors.

Partners for Substance Abuse Prevention (PSAP)

This website is for organizations who want to enhance or expand their current substance abuse prevention activities. Substance abuse prevention includes preventing the use of illegal drugs, the abuse of legal drugs or other products (e.g. glue sniffing), underage drinking and underage tobacco use. The efforts to prevent underage drinking and drug use are also intrinsically linked to other serious youth problems such as crime, violence, academic failure and teen pregnancy.

www.samhsa.gov/preventionpartners

President's Wellness Challenge

<http://www.presidentschallenge.org/>

Society of State Directors of Health, Physical Education and Recreation

The Society of State Directors of Health, Physical Education and Recreation (SSDHPER) helps shape national and state policy defining comprehensive school health, physical education, and recreation programs by promoting linkages within school, family, and community; between state health, physical education, and recreation leaders; and between school districts and postsecondary institutions. SSDHPE also provides training, workshops, and conferences for professional growth and the development of leadership and advocacy skills.

Summex Corporation

Summex Corporation offers tools and strategies for employee health cost management to help companies of all sizes in many industries, including education, to reduce health care spending and improve productivity.

Wellness Councils of America and Canada.

Why Wellness Works.

www.welcoa.org

ARTICLES

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Noddings, N. (1988) **An ethic of caring and its implications for instructional arrangements**. *American Journal of Education*, 96:2.

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